



M. L. King Celebration Thurs., January 13

Rainbow Center at the Canteen, 800 Livingston, Bay City, will host a Martin Luther King Day celebration on Jan. 13. Lunch will be served at noon. Menu includes oven fried chicken, sweet potato, flame-roasted corn, creamy coleslaw, corn muffin, mandarin orange cake, punch, and milk. There is a suggested donation of \$2.50 for lunch for those age 60 and older, and those under age 60 must pay the guest fee of \$4.75. Call Anjelica at 892-6605 no later than Jan. 12 for reservations. The Center is open Tues., Wed., and Thurs., from 9:30 am to 1:15 pm. Transportation is available if needed.

Movie and a Meal at Wirt Library

Division on Aging and the Bay County Library System once again bring you a movie and a meal. Alice & Jack Wirt Public Library will provide the movie and the room with a full screen and full sound, and lunch will be provided by Division on Aging. Bring a comfortable cushion to put on your chair.


On Wed., Jan. 12, see My Life in Ruins, starring Nia Vardalos and Alexis Georgoulis. Georgia came to Greece to follow a man and then got cast aside. Her passion for history leads her to a new job as a tour guide. Georgia comes to realize that true love may be closer than she thinks.


We will meet at 11:30 a.m. in the Community Room on the First Floor of Wirt Library, 500 Center Avenue, Bay City, with a review of the movie and a tour of the library. Lunch will be served and the movie will begin at noon. The package is \$3.00 for those age 60 and older, and \$5.00 for those under age 60, which includes the donated facilities, the movie, and \$2.50 suggested donation for lunch. Advance reservations are due no later than January 5. A volunteer will contact you for your choice of the sandwich or the salad of the week. Please make all checks payable to “Bay County Division on Aging.” Registration forms for the Movie and Lunch Series are available at all Dining Centers and at the main office, 515 Center Avenue, Suite 202, Bay City. For more information, contact Debbie Keyes at 893-5834.

On Feb. 9, the movie will be When in Rome starring Kristen Bell and Josh Duhamel. On March 23, the movie will be Leap Year starring Amy Adams and Matthew Goode.

The Bay County Division on Aging Office & Dining Centers will be closed on Thurs., Dec. 30, and Fri., Dec. 31, for the New Year’s Day Holiday and Mon., Jan. 17, for Martin Luther King, Jr., Day.

DINING CENTER



❖**Kawkawlin Senior Dining Center** - Enjoy snowflake treats with hot chocolate on Thursday, January 13. Wednesday, January 19, is Muffin Day.  Call Velda at least 24 hours in advance at 686-5127 for lunch reservations. Suggested donation is \$2.50.


❖**Rainbow Center at the Canteen** - On Wednesday, January 5, warm up with some warm treats and hot chocolate.  Wednesday, January 19, is National Popcorn Day; we will celebrate with some popcorn and a movie at 10:00 a.m. Call Anjelica at 892-6605 for lunch reservations.

❖**Riverside Friendship Center** - Acrylic painting classes with Steve Wood continue Mon., Jan. 3, with a painting entitled "Pine Valley." Commit to Be Fit classes continue every Mon. and Thurs. from 10 a.m. to 11 a.m.; drop-in fee of \$3 for those age 60 and over and \$4 for those under age 60. Cribbage players meet every Tuesday at 12:30 p.m. Low Vision Support Group meets Wed., Jan. 19, at 11:00 a.m. Call Sandy at 893-7070 for lunch reservations.

❖**Williams Senior Dining Center** - Celebrate Pizza Week with pizza rolls while playing euchre, playing a game, or working a puzzle on Tues., January 11, at 9:30 a.m. On Thursday, January 20, at 11:30 a.m., Williams Township Supervisor Paul Wasek will give a township update. Call Mary at 662-6521 for lunch reservations.

HIGHLIGHTS

❖**Hampton A.M.** - Join us Thursday, January 13, at 11:30 a.m., as we celebrate National Pizza Week with a warm slice of pizza; please bring a friend.  National Popcorn Day is Wednesday, January 19, at 11:30 a.m., with pop and popcorn for everyone. On Monday, January 24, at 12:30 p.m., we will have a nice piece of pie for dessert to celebrate National Pie Day.  Call Susan at least 24 hours in advance at 895-5968 for lunch reservations.

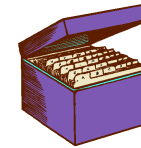
❖**Hampton P.M.** - Come in on your birthday and receive a birthday treat; if your birthday falls on a weekend, come in on Friday or Monday. Monday, January 3, is our 1st Annual "Big Whopper" Liar's Contest. How are you at stretching the truth? Here is your chance to really tell a "whopper!" Thursday, January 6, is Compliment Day; say nice things to everyone. Friday, January 7, is Chocolate-Covered Cherry Day; enjoy a yummy treat.  Wednesday, January 12, is Bubble Bath Day; whoever brings in the cutest rubber ducky or bathtub "buddy" will win some bubble bath. Wednesday, January 19, is Cuddle-Up Day. Do you really need an explanation? Monday, January 24, is Popcorn Day; come in and enjoy a "corny" treat at 3:30 p.m. Monday, January 31, is Hugging Day. Tickets are a nickel; hug away! Call Sandi at 895-5968 for meal reservations. Suggested donation is \$2.50.

New Senior Preferences Available

A resource guide for seniors in the Tri-Cities is now available. Stop by the main office, Second Floor of the Bay County Building, 515 Center Avenue, to pick up copies for yourself or for any senior group.

Recipe Corner

Poor Man's Cabbage Rolls



1 28-ounce can chopped tomatoes
(or use 2 cans tomato soup)
1 large head cabbage, chopped
1½ lbs. ground beef
½ cup onions, chopped
½ tsp. salt
¼ tsp. black pepper
¾ lb. Minute rice (uncooked)
1 cup water

Grease 9 x 13 pan. Preheat oven to 350°F. Line bottom of baking pan with cabbage (will seem full, but will cook down). Brown beef and onion; drain. Add salt and pepper (for extra flavor, add one package of taco seasoning mix, if desired). Add Minute rice over cabbage. Bring water to a boil and pour over contents in pan. Cover dish tightly with aluminum foil and bake 1½ hours. If desired, spread shredded mozzarella or cheddar cheese over top, and bake uncovered until cheese melts.

Submitted by Dorothy Sadlak

Wonderful Times Temporarily Away Notice

The Wonderful Times cannot be forwarded. If you plan to be away or are moving, please call the Division on Aging office, 895-4100 or 1-877-229-9960, to have your name taken off (or added to) our mailing list. Or, use this "Temporarily Away" form.

Stop Date: _____

Number on your address label: _____

Name: _____

Address: _____

City, Zip: _____

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Bay City, MI 48708-5123

USPS 184
WONDERFUL TIMES
is published at Division on Aging
515 Center Avenue, Suite 202
Bay City, MI 48708-5123
(889) 895-4100 - TDD 895-4049
Toll-Free 1-877-229-9960

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Donations Accepted

Heat and Utility Assistance Program

Mid-Michigan Community Action Agency has funding to help Bay County residents in need of deliverable heating fuel, heating emergencies, utility shut-offs, and other household emergencies. There are eligibility requirements for the help, as there is a high demand for assistance during the Winter months. In general, Mid-Michigan has indicated that for a family of one, the current income limit is \$23,446; and for a family of two, the income limit is \$30,661 (60% of SMI).

Applications may be made at the local Mid-Michigan Community Action Agency office, 111 Washington Avenue, Bay City. The Bay County Outreach office telephone number is 894-9060. For some programs, verification of income and/or shut-off notice is required. For more information on heat and utility assistance programs, call 894-9060.



How Older Adults Can Prevent Falls

More than 1/3 of adults age 65 and older fall each year in the United States. Among older adults, falls are the leading cause of injury-related deaths. In addition, most fractures among older adults are caused by falls; and many people who fall, even those who are not injured, develop a fear of falling. Falls are often due to hazards that are overlooked easily, but easy to fix.

Below is a checklist to help find and fix some of those hazards in your home.

- 1. Look at the floor in each room. Ask someone to move the furniture if your path is not clear. Remove area rugs and pick up things that are on the floor.
- 2. Look at the stairs you use, both inside and outside. Always keep stairs free of objects. Fix loose or uneven steps and loose handrails or install new ones.
- 3. Look at your kitchen and eating area. Keep things you use often on lower shelves. If you must use a stepstool, get one with a bar to hold onto. Never use a chair as a stepstool.
- 4. Look at your bathrooms. Put a non-slip mat on the floor of the tub or shower. Install grab bars inside and outside of the tub and next to the toilet.
- 5. Look at all of your bedrooms. Place a lamp close to the bed where it is easy to reach. Use nightlights so you can see where you are walking during the night.

There are several other steps older adults can follow to protect their independence and reduce their risk of falling, such as exercising regularly, visiting an eye doctor once per year, getting up slowly after sitting, and wearing appropriate shoes, both inside and outside of the house.

For further information about services, contact Region VII Area Agency on Aging, 1615 S. Euclid Ave., Bay City, 1-800-858-1637, www.region7aaa.org.

Acrylic Painting Class

On Monday, January 3, award-winning television artist Steve Wood provides step-by-step methods for acrylic landscape painting. The painting this month is entitled "Pine Valley." The package is \$20.50, which includes instruction, materials, and \$2.50 suggested donation for lunch. Class will be held at Riverside Friendship Center, 800 J.F. Kennedy Drive, Bay City. Registration and payment for the art class may be made directly at Riverside Friendship Center. For more information, call Sandy at 893-7070.

Commit To Be Fit

With your well-being in mind, Division on Aging offers an exercise program geared toward strengthening, muscle toning, cardiovascular exercise, and stretching. For quality of life, "Commit To Be Fit." Anne Landre will instruct this low-impact style of exercise custom-designed for the 60+ age group. Chair exercises will be adopted for the beginner or those with limited abilities. If you have any concerns about this program and whether this new lifestyle is for you, please contact your physician.



Participants should wear comfortable clothes and shoes (preferably sneakers). Bring a towel and water to class. Classes will be held every Monday and Thursday from 10:00 a.m. to 11:00 a.m. for a drop-in fee of \$3.00 for those age 60 and older or \$4.00 for those under age 60, at Riverside Friendship Center, 800 J. F. Kennedy Drive, Bay City. The salad of the week or

the sandwich of the week is available for a suggested donation of \$2.50 for those age 60 and older or a fee of \$4.75 for those under age 60 by calling Sandy at 893-7070 at least one day in advance. Transportation is also available.

Cribbage at Riverside on Tuesdays

Calling all cribbage players and all who have been wanting to learn. Cribbage is a fun game with two to four players and we would love to see you! We play every Tuesday afternoon from 12:30 p.m. to 3:00 p.m. at Riverside Friendship Center, 800 J. F. Kennedy Drive, Bay City. You can even join us for lunch at noon and plan on making some new friends. Call Sandy at 893-7070 at least 24 hours in advance to make lunch reservations. Suggested donation is \$2.50.



Music & Dancing Provided at Hampton

The Variety Tones provide fantastic music every second and fourth Thursday of the month at Hampton Senior Center, 801 West Center Road, Essexville, from 2:30 p.m. to 5:00 p.m. Request your favorite song; sing along and dance; or just sit back, relax, and enjoy the tunes! Following an afternoon of listening to great music and dancing, a delicious meal will be served. For dinner reservations, please call Sandi at 895-5968 Monday through Friday from 2:00 p.m. to 6:00 p.m. Suggested donation for dinner is \$2.50.



JANUARY 2011

Site Manager: Velda Kowalsky

Wednesdays & Thursdays	- Smear Club, puzzles, and walking at 9:00 a.m.
Wednesday, January 5	- Blood Pressures w/Cathy Sujkowski, R.N., at 11:30 a.m.
Thursday, January 13	- Snowflake treats with hot chocolate
Wednesday, January 19	- Muffin Day

Site Manager: Sandy Jozwiak

Mondays	- Men's Smear, 9:30am; Commit To Be Fit, 10-11 am; Mixed Smear, 12:30pm
Tuesdays	- Knitting/Crocheting, 9:30 am; Bid Euchre, 10:00 am; Cribbage, 12:30 pm
Wednesdays	- Euchre at 9:45 a.m. **Transportation is available
Thursdays	- Commit to Be Fit, 10-11 a.m.; Bingo, 10:15 a.m.; Shuffleboard, 12:30 p.m.
Fridays	- Line Dancing, 10:15am (\$3 fee); Bingo, 10:15am; Pinochle Club, 12:30pm
Monday, January 3	- Acrylic Painting Class with Steve Wood (fee required)
Tuesday, January 11	- Blood Pressure Clinic w/Jan Richards, R.N., at 11:00 am
Wednesday, January 19	- Low Vision Support Group at 11:00 a.m.
Tuesday, January 25	- Birthdays and Anniversaries celebrated

Site Manager: Mary Wilson

Daily	- Indoor/Outdoor Walking, 9:30 a.m.-1:00 p.m.
Mondays and Wednesdays	- Bingo at 10:00 a.m.
Tuesdays and Thursdays	- Cards, games, and puzzles at 10:00 a.m.
Monday, January 3	- Blood Pressure Clinic w/RN Dorothy McPhillips, 9:30 am
Tuesday, January 11	- Celebrate Pizza Week w/pizza rolls at 9:30 am
Thursday, January 20	- Township Update w/Supervisor Paul Wasek at 11:30 a.m.
Thursday, January 27	- Celebrate January birthdays w/cake, flowers, balloons

With your written authorization, Consumers Energy can send a copy of any shut-off notice you receive to a third party. This can include a consenting friend, relative, or agency. Your third-party contact is not responsible for paying your bill, but can act as a liaison between you and Consumers.

PeopleCare

Again this year, help is available to people with emergency needs, such as food, clothing, transportation, shelter, home heating, and medicine. Consumers Energy customers and employees contribute money to PeopleCare, and the company provides bill credits to help with energy bill payments. The local Salvation Army distributes the money and bill credits under this program.



Low-Income Weatherization

You may receive help with weatherizing your home to help lower your energy bills if you meet low-income guidelines. Weatherization includes caulking, weatherstripping, and insulation. Call the Mid-Michigan Community Action Agency at 894-9060 for information on this program.

State Emergency Relief (SER) Program

You do not have to be a client of the Michigan Department of Human

Services (DHS) to apply for help through the SER program. This program is available year-round, subject to availability of funds, to assist low-income households that have received an energy shut-off notice or need deliverable fuel. If you receive a DHS cash grant, however, you may use part of it toward your energy bills. For more information, call the Home Heating Hotline at 1-800-292-5650.

Home Heating Credit Information

You may qualify for help to pay your winter heating bills by applying for a Home Heating Credit for the 2010 heating season. You must meet income guidelines listed below. In January, you can get forms from the Michigan Department of Treasury at 1-800-367-6263, at www.michigan.gov/treasury, or at Consumers Energy bill payment offices. The Home Heating Credit claim form must be filed with the Michigan Department of Treasury before Sept. 30, 2011. You need not file an income tax return to apply for this credit.



2010 Home Heating Credit Income Guidelines

Exemptions	Maximum Income
1	\$11,929
2	\$16,043
3	\$20,158
4	\$24,272
5	\$28,387
6	\$32,500

(For each exemption over 6, add \$4,114)

Winter Protection Plan

Consumers Energy offers a Winter Protection Plan to protect low-income customers and seniors age 65 or older from service shut-off and high payments during the winter months (November 1 through March 31). Eligible customers may sign up beginning Nov. 1 by agreeing to the terms of the Winter Protection Plan for the upcoming heating season.



If you qualify, you will pay an initial down payment of 1/12 of any past due bills, and 7% of your estimated annual bill, along with a portion of any past-due amount. When the protection period ends March 31, your payment amount will change. You must pay your full monthly bill, plus part of the amount you owe from the winter months when you did not pay the full bill.

All customers 65 years or older are eligible regardless of income. Customers are responsible for all electricity and natural gas used. At the end of the protection period, all participating customers—both low-income customers and those 65 years old and older—in the plan must make arrangements with their utility company to pay off any money owed before the start of the next protection period.

You qualify for the plan if you meet at least one of the following five requirements:

- 1) You have a household income at or below 150% of poverty level shown in the following Income Guidelines:

2010-2011 Income Guidelines

Number in Household	150% of Poverty
1	\$16,245
2	\$21,855
3	\$27,465
4	\$33,075
5	\$38,685
6	\$44,295
7	\$49,905
8	\$55,515

(add \$5,610 for each additional household member)



- 2) You are age 65 or older.
- 3) You receive Michigan Department of Human Services cash assistance, including State Disability Assistance.

- 4) You receive Food Stamps or Bridge Card.

- 5) You receive Medicaid or Supplemental Security Income (SSI).

The contact number at Consumers Energy is 1-800-477-5050.

Medical Emergency Protection

If you have a qualifying, documented medical emergency, you could be protected from energy service shut-off for non-payment of your energy bill for up to 21 days. You must provide written proof from a doctor that shut-off will aggravate an existing medical condition.

JANUARY 2011

DINING CENTER PROGRAMS

JANUARY 2011

Rainbow Senior Center
800 Livingston Avenue
Bay City 48708

Telephone: 892-6605
Tues., Wed., and Thurs., 9:30 a.m. to 1:30 p.m.
Site Manager: Anjelica Rodriguez

Wednesdays - Walking Club at 9:30 a.m.
Thursdays - Bingo at 10:30 a.m. ****Transportation is available**
Thursday, January 6 - Blood Pressure Clinic w/Cathy Sujkowski, R.N., 11:30 am
Thursday, January 13 - Birthday of Martin Luther King, Jr., Celebration
Wednesday, January 19 - National Popcorn Day - Popcorn and movie at 10:00 a.m.
Thursday, January 27 - National Chocolate Cake Day

Hampton Happy Hearts A.M.
801 West Center Road
Essexville 48732

Telephone: 895-5968
Monday through Thursday, 10:00 a.m. to 2:00 p.m.
Site Manager: Susan Howell

Mondays - Pinochle at 12:30 p.m.
Tues., Wed., and Thurs. - Cards at 10:15 a.m.; Bingo at 12:45 p.m.
Tues., January 4--Sweet treats 12:30 pm; Blood Pressures w/C. Sujkowski, RN, 11:30 am
Thursday, January 13 - National Pizza Week; join us at 11:30 a.m.; bring a friend
Wednesday, January 19 - National Popcorn Day with pop & popcorn at 11:30 a.m.
Monday, January 24 - National Pie Day w/piece of pie for dessert at 12:30 p.m.
Monday, January 31 - Birthday and Anniversary Day at 12:30 p.m. w/ice cream

Hampton Happy Hearts P.M.
801 W. Center Road
Essexville 48732

Telephone: 895-5968
Monday through Friday, 2:00 p.m. to 6:00 p.m.
Site Manager: Sandi Fader

Daily - *Cards, games, library, music, and fellowship, 2:00 p.m. to 6:00 p.m.
Thursdays - Variety Tones - 2:00 p.m. to 5:00 p.m. - January 13 and January 27
Fridays - Hampton P.M. seniors wear blue every Friday until all troops are home
Tuesday, January 4 - Blood Pressure Clinic w/Cathy Sujkowski, R.N., 4:15 p.m.
Jan. 10-14 - Color Week - Mon.=Green; Tues.=Red; Wed.=Purple; Thurs.=Tan; Fri.=Blue
Thursday, January 13 - Backwards Day - Walk, dress, eat, and talk backwards!
Wednesday, January 19 - Regular Bingo at 3:00 p.m.
Thursday, January 20 - Hat Day - Make your own or wear crazy/unusual/favorite
Friday, January 21 - Clothes Clashing Day--Plaids, stripes, polka dots, whatever
***You must be a site participant to enjoy these activities**

Agencies Accepting Appointments for Help Preparing Tax Forms

Senior citizens can qualify for tax rebates available through the State of Michigan. In January 2011, there are two local organizations that will be offering opportunities for senior citizens and others to schedule an appointment for assistance in preparation of their tax return. The United Way of Bay County has announced that it will start accepting telephone calls requesting an appointment as of January 17. You may call 893-7508,



ext. 19, between the hours of 8:00 a.m. and 5:00 p.m., Monday through Friday. There will be at least three

locations where qualifying individuals will be able to come to get volunteer help under the VITA program to prepare their tax forms. Individuals, families, senior citizens, and persons with disabilities who have income of \$43,000 or less can request an appointment for help through this program. If you would prefer to attend a location/time when only senior citizen returns are being processed, ask for an appointment date on one of the designated "senior appointment days/times".

There is a second location that will be offering volunteer help to complete tax forms. Mid-Michigan Community Action Agency, 111 Washington Avenue, Bay City, will assist individuals who are at 250% of poverty or below. This means \$27,075 for a single person and \$36,425 for a married

couple. Please call the local office at 894-9060 to schedule an appointment beginning January 18.

Neither of these programs provide assistance on a walk-in basis; advance appointments must be made.

Division on Aging will not be participating as a tax site in 2011. If, however, a senior citizen is completely homebound or lacks transportation to attend a scheduled tax appointment, we will try to coordinate transportation or assist with getting information from a homebound senior to the VITA clinic. These helping services can be requested by calling the main office at 895-4100 to speak with your Case Manager, or by contacting Debbie Keyes at 893-5834 if you are over 60 years of age and not currently working with a Case Manager. Division on Aging encourages all senior citizens to request any tax rebates and/or credits for which they might qualify. As mentioned on Page 13, the Home Heating Credit can be claimed as late as September 30, 2011; however, the sooner the claim is made, the faster the rebate is received.

Division on Aging does not have funds to help pay your taxes; however, staff will work with you to seek out sources of help if you have a financial hardship.

The February issue of Wonderful Times will include a listing of items to bring to the tax assistance appointment.



Calendar Notes (Cont'd.)

✓The **State Theatre**, 913 Washington Ave., Bay City, presents Late Nite Catechism Saturday, January 15, at 7:30 p.m. The audience is part of Sister's class. She'll take you back to the days of the Latin Mass, meatless Fridays, and that good old ruler across the knuckles! Admission is \$15 or \$20. The Concert for Hope 3 featuring The Josh Ramses Band with guests Bay City's own Jeff Yantz and Bob Bloenk, with proceeds to benefit Brian's House, takes place Fri., January 28, at 7:00 p.m. Admission is \$10. See all three films in The Twilight Saga Sat. and Sun., Feb. 5 and Feb. 6. Twilight will be shown both days at 1:00 p.m.; New Moon at 4:00 p.m.; and Eclipse at 7:00 p.m. Admission is \$5 per show or the film pass to see all three is \$10. For more info, please call 892-2660 or visit the website at www.statetheatrebaycity.com.



✓The **Bay City Noon Optimist Club** presents "Barbados: Island in the Sun" to be shown Mon., January 24, at 7:00 p.m. at the State Theatre. Barbados is a tropical island with a rich history, endless white-sand beaches, and a West Indian tradition. The people are deeply religious, open, generous, friendly, and thoughtful. They, as well as the island's history, culture, attractions, and majestic landscapes, draw many visitors. Tickets are \$8.00. Series sponsor is Best Real Estate and "Barbados" is underwritten by Dobson Healthcare Services. For further info, contact Guy Greve at 893-9578.

✓The **Osher Lifelong Learning Institute (OLLI)** offers the following classes in January: SVSU - OLLI Winterfest Jan. 12; Spirit Hockey Game and Optional Hockey for Dummies Class Jan. 31 and Feb. 12; Great Lakes Water Film Series Jan. 17, 24, and 31 and Feb. 7; Snowshoeing: The Cure for Cabin Fever Jan. 19 and Feb. 2; Indoor Cycling to the Oldies Jan. 20 and 27 and Feb. 3, 10, 17, and 24; Women in Rock & Roll - the 60s Jan. 20 and 27 & Feb. 3 and 10; Singing for Pleasure Jan. 20 and 27 & Feb. 3 and 10; Beginning Bridge Jan. 14, 21, and 28 and Feb. 4, 11, and 18; Mac 101: The Basics Jan. 14, 21, and 28; Introductory Computer I for PC Users Jan. 21 and 28 and Feb. 4 and 11; An American in Paris Jan. 18 and 25 and Feb. 1, 8, and 15; Writing Over the Edge: An Introduction to Creative Writing Jan. 24 and 31 and Feb. 7; Share a Good Read With the OLLI Book Club Jan. 26, Feb. 23, March 23, and April 27; Margaret Thatcher: A Woman in Power Jan. 20 and 27 & Feb. 3 and 10; The Arab-Israeli Conflict Explained Jan. 21 and 28 & Feb. 4; A World Update Jan. 18 and 25; and Behind Closed Doors: How Four Local Organizations Operate Jan. 19, Feb. 16, March 16, and April 20. For information on specific times, fees, and locations of classes, contact OLLI at 964-4475, or visit the website at www.svsu.edu/cbed/olli.




✓The **Lincoln Road Dancers** remind adults that music for their dancing pleasure will be provided Tuesdays from 1:30 p.m. to 4:15 p.m. at Lincoln Road Hall, 79 South Lincoln Road, Bay City.

✓Calendar Notes

✓Hampton Happy Travelers is sponsoring a casino trip to Soaring Eagle Casino in Mt. Pleasant on Tuesday, January 18. The meal will be catered by Division on Aging. Reservations are required. For more information, call Don at 895-5968 Monday through Thursday from 11 a.m. to 2 p.m.

✓Golden Horizons announces the scheduling of “Communicating Effectively” on Jan. 12 from 7:00 p.m. to 9:30 p.m. and again on Fri., January 14, from 9:30 a.m. to noon. Enhance verbal communication and improve interaction with a person who has Alzheimer’s disease and/or dementia. A session entitled “Overview of Alzheimer’s and Other Dementias” will be offered on Jan. 18 from 9:30 a.m. to noon and again on Jan. 20 from 7:00 p.m. to 9:30 p.m.

 Learn more about dementia, a group of symptoms that include: memory loss, declining intellectual abilities, confusion, and personality changes. Alzheimer’s disease is just one cause of dementia. Includes information on legal, financial, and health care issues. There is no fee for these programs, but advance reservations are required by calling 892-6644. All classes are held at Golden Horizons, 1001 Marsac, and are open to family caregivers as well as paid caregivers. Funding is provided by Region VII Area Agency on Aging and the Alzheimer’s Fund of the Bay Area Community Foundation.

✓The Bay County Alzheimer’s/Dementia Caregiver Support Group meeting will be

held Jan. 11 from 7:00 p.m. to 9:00 p.m. at Golden Horizons, 1001 Marsac, Bay City. Facilitator is Stacy McIntyre, LMSW. The group meets the second Tues. of each month.

✓Healthy Living Series, sponsored by the Center for Rehabilitation, presents “All About AED’s (Automated External Defibrillators)” on Tues., January 18, from 6:30 p.m. to 8:00 p.m. AED’s are located in many public areas and are a crucial life-saving device. They are relatively simple to use. Jami Stanton, MS, ATC, will teach community members about AED’s, including how and when to use them, how to purchase one and where to get supplies, and organizations that give financial assistance in obtaining an AED. Register by calling 667-6600. There is no fee. Held at Lincoln Center, 820 S. Lincoln, Bay City.

✓The Historical Museum of Bay County, 321 Washington Ave., Bay City, continues its “Second Saturday” series January 8 from 1:00 p.m. to 2:00 p.m. with “Henry W. Sage: Friend or Foe?” History remembers Henry Sage as a successful businessman who was the owner of the largest lumbermill in the world (at one time) and a great philanthropist who built a company town and a library which bears his name; however, is this the real story? Join Eric Jylha



as he takes a look at how lumber baron Henry W. Sage helped shape the history of West Bay City. There is no fee and refreshments will be served. For more information, call 893-5733.



HAMPTON EVENING DINING CENTER MENU
Reservations must be made one day in advance.
Meals served at 5:00 p.m.
Milk served with all meals.



JANUARY 2011 BAY COUNTY DIVISION ON AGING HAMPTON EVENING MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
(3) CRISPY CHICKEN BREAST (1) DICED RED SKIN POTATOES (1) SPINACH WHOLE WHEAT BREAD W/OLEO (1) PEACH/PEAR/PINEAPPLE (1) FAT-FREE MILK (1)	(4) BEEF POT ROAST SCALLOP POTATOES (1) GREEN BEANS WHOLE WHEAT BREAD W/OLEO (1) FRESH FRUIT (2) FAT-FREE MILK (1)	(5) HOT DOG W/CONEY SAUCE ON WHOLE WHEAT BUN (1) HOMESTYLE FRIES (1) EUROPEAN BLEND VEGETABLES HAWAIIAN FRUIT (1) FAT-FREE MILK (1)	(6) SLICED ROAST PORK LOIN MASHED POTATOES W/PORK GRAVY (2) MIXED VEGETABLES MULTI-GRAIN DINNER ROLL & OLEO (2) BANANA NUT CAKE (3) FAT-FREE MILK (1)	(7) HAND CUT BEEF TIPS OVER EGG NOODLES (1) STEAMED BROCCOLI VINEGAR COLESLAW (1) WHOLE WHEAT BREAD W/OLEO (1) CHUNKY APPLESAUCE (1) FAT-FREE MILK (1)
(10) SWISS STEAK MASHED POTATOES (1) CORN (1) WHOLE WHEAT BREAD W/OLEO (1) MIXED FRUIT CUP (1) FAT-FREE MILK (1)	(11) HAM W/PINEAPPLE SAUCE SWEET POTATO (3) WAX BEANS MULTI-GRAIN DINNER ROLL & OLEO (1) LEMON PINEAPPLE JELLO (1) FAT-FREE MILK (1)	(12) SPAGHETTI WITH HOMEMADE MEAT SAUCE (2) SLICED CARROTS TOSSED SALAD & DRESSING GARLIC BREAD (1) SLICED PEARS (1) FAT-FREE MILK (1)	(13) HONEY-MUSTARD CHICKEN BAKED POTATO (3) GREEN PEAS WHOLE WHEAT BREAD W/OLEO (1) WHITE CAKE WITH FROSTING (3) FAT-FREE MILK (1)	(14) TURKEY POT ROAST MASHED POTATOES W/TURKEY GRAVY (2) WINTER BLEND VEGETABLES WHOLE WHEAT BREAD W/OLEO (1) FRUIT (2) FAT-FREE MILK (1)
(17) MARTIN LUTHER KING DAY ALL OFFICES & MEAL SITES WILL BE CLOSED	(18) CHICKEN W/TARRAGON GRAVY OVER BROWN RICE (1) ITALIAN BEANS TOSSED SALAD & DRESSING WHOLE WHEAT BREAD W/OLEO (1) LEMON PUDDING CAKE (3) FAT-FREE MILK (1)	(19) SWEDISH MEATBALLS OVER EGG NOODLES (2) GREEN BEANS MARINATED CARROTS (1) MULTI-GRAIN DINNER ROLL & OLEO (1) FRUIT COCKTAIL (1) FAT-FREE MILK (1)	(20) BROCCOLI/CHICKEN CASSEROLE (1) BAKED POTATO (3) BISCUIT & OLEO (1) FRESH FRUIT (1) FAT-FREE MILK (1)	(21) HOMEMADE MEATLOAF (1) MASHED POTATOES W/BEEF GRAVY (1) CALIFORNIA BLEND VEGETABLES WHOLE WHEAT BREAD W/OLEO (1) PINEAPPLE CHUNKS (1) FAT-FREE MILK (1)
(24) OVEN BAKED BBQ CHICKEN OVEN BROWNED POTATOES (1) WHOLE KERNEL CORN (1) WHOLE WHEAT BREAD W/OLEO (1) APPLESAUCE (1) FAT-FREE MILK (1)	(25) TUNA NOODLE CASSEROLE (2) EUROPEAN BLEND VEGETABLES VINEGAR COLESLAW (1) WHOLE WHEAT BREAD W/OLEO (1) CHOCOLATE CAKE (3) FAT-FREE MILK (1)	(26) SLICED ROAST PORK LOIN MASHED POTATOES W/PORK GRAVY (2) GREEN PEAS MULTI-GRAIN DINNER ROLL & OLEO (2) PEAR JELLO WWWIPPED TOPPING (1) FAT-FREE MILK (1)	(27) SALISBURY STEAK (1) MASHED POTATOES (1) SLICED CARROTS WHOLE WHEAT BREAD W/OLEO (1) FRESH FRUIT (1) FAT-FREE MILK (1)	(28) CHICKEN PARMESAN OVER SPAGHETTI NOODLES (1) ITALIAN BLEND VEGETABLES TOSSED SALAD & DRESSING GARLIC BREAD (1) TROPICAL FRUIT (1) FAT-FREE MILK (1)

Regarding any activity/event at the Bay County Division on Aging: Individuals with disabilities may request auxiliary aids/services by providing ten days’ notice to the County of Bay before the scheduled event. Requests should be directed to Michael Gray at (989) 895-4130 or TDD at (989) 895-4049.



BAY COUNTY DIVISION ON AGING
DINING CENTERS AND HOME DELIVERED MEALS
Reservations must be made one day in advance to attend any Dining Center
Most Dining Centers scheduled to serve luncheon at noon



DINING CENTERS

JANUARY 2011

BAY COUNTY DIVISION ON AGING

HDM/MEAL SITE MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
(3) BEEF POT ROAST BAKED POTATO (3) STEWED TOMATOES (1) WHOLE WHEAT BREAD W/OLEO (1) PINEAPPLE CHUNKS (1) FAT-FREE MILK (1)	(4) SLICED TURKEY MASHED POTATOES (1) W/TURKEY GRAVY WHOLE KERNEL CORN (1) WHOLE WHEAT BREAD W/OLEO (1) SLICED PEACHES (1) FAT-FREE MILK (1)	(5) COD FILET SANDWICH (1) ON A WHOLE WHEAT BUN (2) HERB BAKED POTATOES (1) CREAMY COLESLAW (1) FRUIT (2) FAT-FREE MILK (1)	(6) DUTCH CHICKEN DUTCH POTATOES (1) WINTER BLEND VEGETABLES WHOLE WHEAT BREAD W/OLEO (1) PEACHES 'N' CREAM CAKE (3) FAT-FREE MILK (1)
(10) OVEN-BAKED CHICKEN RED SKIN POTATOES W/ONION CALIFORNIA BLEND VEGETABLES WHOLE WHEAT BREAD W/OLEO (1) DICED PEARS (1) FAT-FREE MILK (1)	(11) HOMEMADE GOULASH (2) SLICED CARROTS TOSSED SALAD & DRESSING GARLIC BREAD (1) TROPICAL FRUIT (1) FAT-FREE MILK (1)	(12) CHICKEN TENDERS BAKED POTATO (3) GREEN PEAS WHOLE WHEAT BREAD W/OLEO (1) BITE-SIZE PEACHES (1) FAT-FREE MILK (1)	(13) PORK CHOP WITH MUSHROOM GRAVY MASHED POTATOES SPINACH WHOLE WHEAT BREAD W/OLEO (1) FRESH FRUIT (1) FAT-FREE MILK (1)
(17) MARTIN LUTHER KING DAY ALL OFFICES & MEAL SITES WILL BE CLOSED	(18) BAKED PORK CHOP CANDIED SWEET POTATO (3) CAULIFLOWER WHOLE WHEAT BREAD W/OLEO (1) PEACH/PEAR/PINEAPPLE (1) FAT-FREE MILK (1)	(19) HOMEMADE CHILI (2) SALTINE CRACKERS (1) BAKED POTATO (3) STEAMED BROCCOLI FRUIT (2) FAT-FREE MILK (1)	(20) SLICED HAM RED SKIN POTATOES (2) GREEN BEANS WHOLE WHEAT BREAD W/OLEO (1) FRUIT COCKTAIL CAKE (3) FAT-FREE MILK (1)
(24) LEMON PEPPER TILAPIA (1) BAKED POTATO (3) SLICED CARROTS WHOLE WHEAT BREAD W/OLEO (1) MIXED FRUIT CUP (1) FAT-FREE MILK (1)	(25) HUNGARIAN PORK CHOP MASHED POTATOES (1) MIXED VEGETABLES WHOLE WHEAT BREAD W/OLEO (1) PINEAPPLE CHUNKS (1) FAT-FREE MILK (1)	(26) CABBAGE CASSEROLE (2) WHOLE KERNEL CORN (1) GARLIC BREAD STRAWBERRY POKE CAKE (3) FAT-FREE MILK (1)	(27) ROAST BEEF & AuJUS MASHED POTATOES W/BEEF GRAVY (2) GREEN BEANS WHOLE WHEAT BREAD W/OLEO (1) OATMEAL RAISIN COOKIE (2) FAT-FREE MILK (1)

SALAD/SANDWICH MENU

JANUARY 2011

SALAD CHOICE FOR THE WEEK	SANDWICH CHOICE FOR THE WEEK
(WEEK OF 1-3 THRU 1-6-10) <u>SWEET & SOUR CHICKEN SALAD</u> ALL WHITE MEAT CHICKEN ON A BED OF CHOPPED ROMAINE LETTUCE WITH TOASTED SESAME SEEDS & ALMONDS WITH RED ONION, TOMATO, CHINESE NOODLES, AND SWEET & SOUR DRESSING MULTI-GRAIN DINNER ROLL & OLEO DESSERT/FRUIT OF THE DAY FAT-FREE MILK	<u>SMOKED HAM & SWISS ON RYE</u> SMOKED HAM WITH SWISS CHEESE ON RYE BREAD WITH RED ONION, TOMATO, ROMAINE LETTUCE, BABY CARROTS, CUCUMBER SPEARS, AND DIJON MUSTARD DRESSING DESSERT/FRUIT OF THE DAY FAT-FREE MILK
(WEEK OF 1-10 THRU 1-13-10) <u>GREEK SALAD</u> ROMAINE LETTUCE, TOMATO, GREEN PEPPER, RED ONION, CUCUMBER, BLACK OLIVES, AND FETA CHEESE WITH GREEK DRESSING COTTAGE CHEESE MULTI-GRAIN DINNER ROLL & OLEO DESSERT/FRUIT OF THE DAY FAT-FREE MILK	<u>TURKEY & SWISS WRAP</u> SHAVED TURKEY & SWISS CHEESE ON WHOLE WHEAT FLATBREAD WITH RED ONION, TOMATO, ROMAINE LETTUCE, CUCUMBER, BABY CARROTS, AND RANCH DRESSING DESSERT/FRUIT OF THE DAY FAT-FREE MILK
(WEEK OF 1-17 THRU 1-20-10) <u>CAESAR SALAD</u> CAESAR SALAD WITH BAKED CHICKEN, ROMAINE LETTUCE, TOMATO WEDGES, CHEESE, CROUTONS, AND MARZETTI CAESAR DRESSING MULTI-GRAIN DINNER ROLL & OLEO DESSERT/FRUIT OF THE DAY FAT-FREE MILK	<u>HOMEMADE MEATLOAF SANDWICH</u> HOMEMADE MEATLOAF PLACED ON RYE BREAD WITH AMERICAN CHEESE, ROMAINE LETTUCE, RED ONION, CUCUMBER SPEARS, AND BABY CARROTS SERVED w/HONEY MUSTARD DRESSING DESSERT/FRUIT OF THE DAY FAT-FREE MILK
(WEEK OF 1-24 THRU 1-27-10) <u>CHEF SALAD</u> TURKEY AND SMOKED HAM STRIPS WITH CHEDDAR CHEESE, EGG, RED ONION, TOMATO, AND CROUTONS ON CHOPPED ROMAINE LETTUCE WITH MARZETTI BUTTERMILK DRESSING MULTI-GRAIN DINNER ROLL & OLEO DESSERT/FRUIT OF THE DAY FAT-FREE MILK	<u>TUNA SALAD WRAP</u> CREAMY TUNA SALAD PLACED ON A WHOLE WHEAT WRAP WITH ROMAINE LETTUCE, RED ONION, AND SLICED TOMATO SERVED WITH RANCH DRESSING, CUCUMBER SPEARS, AND BABY CARROTS DESSERT/FRUIT OF THE DAY FAT-FREE MILK

SALAD & SANDWICH CHOICES ARE AVAILABLE @ THE MEAL SITES ONLY.

CARBOHYDRATE KEY:
12 – 23 = (1) 24 – 35 = (2) 36 – ABOVE = (3)

**FRIDAY
RIVERSIDE
DINING CENTER
ONLY**

- (7)
SPANISH RICE (2)
BROCCOLI
CARROT RAISIN SALAD (1)
MULTI-GRAIN
DINNER ROLL & OLEO (2)
MIXED FRUIT CUP (1)
FAT-FREE MILK (1)
- (14)
HEARTY BEAN SOUP (3)
SALTINE CRACKERS (1)
APPLE (1)
GINGER PEAR CAKE (3)
FAT-FREE MILK (1)
- (21)
CHICKEN TARRAGON
OVER BROWN RICE (1)
EUROPEAN BLEND
VEGETABLES
TOSSED SALAD & DRESSING
MULTI-GRAIN
DINNER ROLL & OLEO (2)
FRESH FRUIT (1)
FAT-FREE MILK (1)
- (28)
BAKED CHICKEN SANDWICH (1)
ON A WHOLE WHEAT BUN (2)
LETTUCE & MAYO PACKETS
POTATO SOUP (1)
CARROT RAISIN SALAD (1)
FRESH FRUIT (2)
FAT-FREE MILK (1)